## TACKLING ASTHMA<sup>TM</sup>

## With Chris Draft & The Asthma Team™

*I'm a professional football player and I have asthma*. Asthma is a lung disease that makes it difficult to breathe. As the leading chronic disease in children, asthma causes them to miss more than 14 million school days each year. **The Asthma Team**<sup>™</sup> is committed to tackling asthma by increasing asthma awareness and improving asthma management.



## Here Are My 10 Tips For Tackling Asthma<sup>TM</sup>

- 1 Be sure your parents and teachers learn asthma control skills. Asthma affects everyone around you.
- 2 Stay away form things that can cause your lungs to tighten (we call them triggers) such as pets, cold weather, dust and smoke.
- **3** Parents or caregivers should stop smoking. Children of smokers are more likely to have asthma attacks.
- **4** See your doctor regularly and have an asthma action plan.
- 5 Know the names of your asthma medicines and take them as directed. You can have your medicines at school if you need to.

- **6** If you still feel bad after using your asthma medicine, tell your parent, doctor or teacher.
- 7 Remember that your asthma may change as you get older, but you will not outgrow asthma.
- 8 Get a flu shot each year. (Colds and flu can trigger your asthma).
- **9** Exercise! Exercise! but be smart.
- **10** Remember asthma cannot be cured but it can be controlled!

"Asthma Can't Stop Me, So Don't Let It Stop You!"™ - Chris Draft, Asthma Team



Asthma and Allergy Foundation of America\* ST. LOUIS CHAPTER





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